



# Catheterization Lab Patient Instructions

Catheterization Lab (520) 324-5034



Inside Front Cover



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Catheterization Lab (520) 324.5034  
5301 E. Grant Road, Tucson, AZ 85712

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# Catheterization Lab Patient Instructions

## The day before your procedure

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- Do not eat or drink anything 8 hours prior to procedure. However, it is okay to have a small sip of water with your medications.
- You must have a responsible adult drive you home if you are having any type of sedation or anesthesia.
- Take a shower either the night before, or the morning of your procedure.
- Inform your doctor if you are unable to lie flat on your back for several hours.

## Medications

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- Check with your referring physician about whether to continue or stop your medications.
- Follow the medication instructions that are described on page 9 to prevent your procedure from being canceled.
- Please inform the nurse if you have any allergies to food or medication, especially IODINE, SHELLFISH OR IV CONTRAST.
- If you are having an electrophysiology study or ablation, please check with your cardiologist to see if you should stop or continue anti-arrhythmic drugs or blood thinners prior to your procedure.
- If you are having an implantable cardioverter defibrillator (ICD), Cardioversion or transesophageal echocardiography, please consult your physician and discontinue your Metformin from midnight the day of the procedure.

## What to bring with you to the hospital

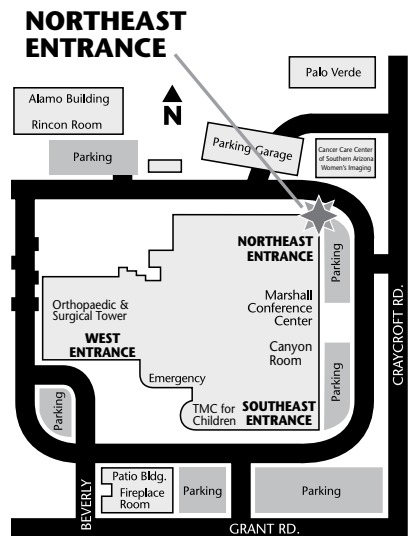
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- Government issued photo identification.
- Insurance cards.
- Current medication list with medication name and dosage. Please include the date and time everything was taken last. It is not necessary to bring the bottles with you.
- Some patients may stay overnight, while others may be discharged the same day of the procedure. However, since this is a medical decision that is made after the procedure, **please be prepared and have a responsible driver available.**
- Bring a small overnight bag with toiletries. This is okay to leave in your car during the procedure.

- Please bring the name and phone number of your emergency contact and/or the person available to take you home.
- Books or magazines are okay to bring. If you bring an iPad, a family member or friend who accompanies you to the hospital will need to be responsible for it.
- Please wear comfortable, loose-fitting clothing, and slip on shoes if possible.
- If you wear glasses or contacts, hearing aids, or dentures, you will be allowed to keep them with you.
- Please bring a copy of your advance directives (living will/health care proxy) if available.
- PLEASE LEAVE ALL VALUABLES AT HOME (i.e. jewelry, watches, credit cards, money). Tucson Medical Center cannot be held responsible for items lost during your stay. You may leave your wedding ring on.
- Do not bring any weapons to the hospital, including guns, pocket knives, mace and/or pepper spray.

## When you arrive at the hospital

- Please check in **two hours** prior to procedure time.
- Enter off Craycroft and park at the northeast entrance. Valet parking is available. It is a free service provided as a courtesy to our patients and their families. Or, you can self-park in the northeast parking garage.
- Check in with the admitting office first. This is located inside the northeast entrance on the left hand side of the main hallway, past the visitors desk.
- After checking in, you will be shuttled to the pre-catheterization area to prepare for your procedure. Visitors will be allowed to wait in the waiting room that is located inside the pre-catheterization area. We ask for only one visitor.
- Children under the age of 13 are not allowed in the recovery unit.
- There is an additional waiting room where remaining family and friends can wait in the Rosenstiel Lobby.
- Service animals are not allowed in restricted areas including the pre-op or post-op cath lab recovery.



**Please note:** Occasionally, emergency cases arise which can cause unplanned changes in the Cath Lab schedule. In these cases, you may need to wait from a few minutes to several hours. These delays are unexpected and cannot be prevented. We apologize in advance for any wait you may experience and ask for your patience.

## Preparing for your procedure

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- **To ensure patient safety and compliance with regulations, each department will verify your name and date of birth with you.**
- Before your procedure, you will meet your nurse. They will start an IV, draw blood for laboratory testing if not already done prior to admission, obtain a detailed health history, perform an EKG if necessary, and have you sign consents.
- If you are having a cardiac catheterization procedure, the area where the catheter will be placed will be cleaned and the surface hair will be clipped. This is usually done between the thigh and abdomen, at the groin site. Depending on the circumstances, the wrist may be used instead.
- For all other procedures, prepping may be different depending on the type of procedure being performed.
- **Please note:** that we are preparing several patients for different procedures, doctors, and times scheduled. Patients may not go to Cath Lab in the order they arrived to the Pre-Cath area.
- Patients are taken up to the Cath Lab 15-30 minutes prior to procedural start time, or earlier, depending on the schedule. Visitors can accompany patients to the Cath Lab entrance and then wait in the Rosenstiel Lobby.
- Visitors are not allowed in the Cath Lab area unless directed by Cath Lab charge personnel. Visitors can check in with the volunteers in the Rosenstiel Lobby and provide them with their name, their contact number, and the patient's name. Visitors, please make sure your cell phone is on and the ringer is turned up.
- You will be asked to empty your bladder before the procedure begins.
- If you are chilly when you are brought into the air-conditioned Cath Lab, do not hesitate to ask for a warm blanket.

**Please note:** Some procedures can take anywhere from 30 minutes to four hours to complete. For long ablation procedures, the staff will keep family members updated on your progress.

## During your procedure

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- The Cath Lab staff will clean the insertion site with an antibacterial soap. This is to further reduce the risk of infection. After cleaning the site, the area is draped in a sterile manner. It is important to remain still so the site does not become contaminated.
- When the physician arrives, the nurse may give you a sedative medication through your IV. This may continue through the procedure as directed by the physician.
- You will feel very calm, but will still be able to respond to questions, follow commands and breathe on your own. Some people become very sleepy during sedation.
- Local anesthesia will be injected at the site. This will numb just that area.
- If you are having an angiogram performed, a very small puncture is made into either the artery or the vein. The doctor will insert a long, thin flexible tube and guide it to your heart using X-ray imaging. IV dye is injected into the catheter. When this happens, you may feel a warm, flushed sensation. The dye allows the doctor to look at the blood flow in and around the surrounding area.
- The physician will review the type of individualized treatment for you.
- Depending on the type of procedure you had, the doctor will examine the puncture site and determine the proper closure or dressing for your wound.
- If the puncture was made to the femoral artery in your groin, it may be sealed in one of two ways. Applying pressure will help stop the bleeding, and allow the body to form a clot. Pressure may be applied manually by a staff member, or by a compression device. Most patients do not experience pain, but rather discomfort from the pressure. Please keep the staff informed about what you are feeling.
- The second way the artery may be sealed is by using a closure device. Once this is in place, you will not need to have pressure held. Please keep in mind your doctor will determine the safest way to seal the artery.
- If your wrist is used, a plastic band will be applied. This may feel rather tight. After one hour, the band is slowly released. It may take up to two hours after the end of the procedure for the band to be removed. This pressure is allowing your body to form a clot and to stop any bleeding from occurring at the puncture site.

## After your procedure

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- You will be taken to a recovery room called the Specialized Cardiac Outpatient Recovery, or SCOR. You will be monitored while waking up from sedation and having the sheath removed if necessary. Your vital signs, blood pressure, and puncture site (if applicable) will be monitored.



- Visitors may come in, but we ask that they come in one at a time, and stay for only a few minutes.
- If the nurses are removing sheaths or need to perform any personal tasks, visitors will be asked to step out to the waiting area until the patient is taken care of. This is to allow each patient's privacy and to ensure nurses can focus on their care.
- If you have had an angiogram, often the most difficult part of the day is lying flat on your back for several hours. This can be uncomfortable, but it is critical in order for your artery to seal. The time required is different depending on the closure technique that was used. Manual pressure requires six hours of bed rest. The use of a closure device requires two to four hours of bed rest, depending on device and the physician's order. You will be allowed to sit up in the bed after two hours.

**Please note:** Recovery time varies from patient to patient, so it may be an hour or more before you are transferred out of the recovery area.

**Please note:** If you live out of town and are discharged late, please be prepared to stay at a local hotel in Tucson as we want to make sure you are safe and don't have any post-procedure bleeding issues. Some hotels offer discounts to TMC patients. Please let us know if you need a list of these hotels.

## Before you are discharged

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- As soon as you can sit up, you may be provided a small boxed meal. Please let us know if you have any special dietary needs. Visitors are welcome to sit with you while you recover, but only two visitors at a time please.
- Your nurse will explain your discharge instructions and answer any questions you may have. You will receive a written copy of these instructions.

## After your release

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- You probably will not feel up to doing much for the rest of the day, depending on the type of procedure you had. Please remember that you are going home to recover.
- The following are normal after-effects that you may experience after your procedure:
  - Generally not feeling well
  - Muscle aches
  - Drowsiness

- **The following after-effects may require medical attention:**

- Severe pain
- Swelling and bleeding at the puncture site
- Persistent vomiting
- Temperature of 100.4° or greater

**If you experience any of these, contact your physician immediately or call 911.**

## **Activity restrictions after heart catheterization**

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- To prevent any complications after the procedure, we ask that you plan for these following restrictions. Your nurse will go over them in more detail at the hospital.
- No alcohol or driving for 24 hours after the procedure.

### **For five days after the procedure:**

- No bending, kneeling or stooping. This includes picking things up off the floor.
- No heavy lifting. Nothing over 5-8 pounds. For example, nothing heavier than a gallon of milk.
- No strenuous exercise.
- Do not use a swimming pool, hot tub, or take a tub bath.
- Do not take Metformin for 48 hours after the procedure. Please adjust your carbohydrate intake to compensate.

## **Things to keep in mind**

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- Each patient and each procedure is different. Your experience may differ slightly from that outlined above.
- Although you may anticipate being at the hospital for only a few hours, sometimes it can be all day due to changes in the schedule. Do not schedule any other appointments or obligations for this day. Please make arrangements for your pets in case you are gone for several hours.
- Make sure your ride home is able to drive after dark or have a backup driver. You may need to stay at a local hotel if you live out of town or are discharged late at night. Some hotels offer discounts to TMC patients. Please let us know if you need a list of these hotels.

If you have any other questions, please call the Cath Lab at (520) 324-5034.

Thank you for choosing Tucson Medical Center. Our goal is to provide caring, personalized, quality care to you and your family in an environment that is supportive, education-focused and compassionate. We look forward to meeting you and your health care needs.

# Cath Lab/ Special Procedures Pre-Procedural Medication Instructions

## Diabetes Medication:

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For procedures **WITHOUT general anesthesia**: Stop taking Metformin (Glucophage) the day of your procedure. If you are on insulin, take ½ of your usual morning dose (regular insulin only on the day of your procedure). **EXCEPTION**: If your procedure is scheduled for after 12 noon, do not take your insulin on the day of your procedure. Restart your oral diabetes medication 48 hours after your procedure. Continue to monitor your blood sugar at least daily after discontinuing your medication. If your blood sugar exceeds your normal levels by more than 75mg, call your physician. Be certain to obtain your follow-up non-fasting blood test to check your kidney function at 48 hours after your procedure **ONLY** if you were exposed to iodine contrast (“X-ray dye”) during your procedure.

For procedures **WITH general anesthesia**: Stop taking Riomet, Fortamet, Glumetza, Obimet, Dianhen, Diabex, Diaformin, Glucovance, Janumet, Avandomet and ACTOS. **Metformin must be held from midnight the day of the procedure. If you are taking a Metformin combination medication such as, and not limited to, Invokamet and Xigduo it must be held from midnight the day of the procedure.** If you are on insulin, take ½ of your usual morning dose (regular insulin only on the day of your procedure).

**EXCEPTION**: If your procedure is scheduled for after 12 noon, do not take your insulin on the day of your procedure. Continue to monitor your blood sugar at least daily after discontinuing your medication. If your blood sugar exceeds your normal levels by more than 75mg, call your physician. Be certain to obtain your follow-up non-fasting blood test to check your kidney function at 48 hours after your procedure **ONLY** if you were exposed to iodine contrast (“X-ray dye”) during your procedure.

If you are taking any medications for **blood pressure**, it is important that you **DO** take them with a sip of water at the scheduled time (unless specifically told not to).

If you take **water pills**, DO NOT take them on the day of your procedure. These medications may include Furosemide (Lasix) or Hydrochlorothiazide, Spironolactone, Edocrin, Ethacrynic Acid, Hydrodiuril, Maxide, Metolazone, Zaroxolyn, Eplerenone, Ispra.

If you are on **blood thinners** (Anticoagulants) such as Plavix (Clopidogrel) and/or Aspirin and/or Effient (Prasugrel), continue to take these at your usual time.

If you are on **Coumadin (Warfarin)**, stop taking this medication 5 days prior to your procedure only AFTER confirmation with your treating physician.

If you are taking **Pradaxa and Xarelto**, discontinue these medications 2 days prior to your procedure.

Talk to your physician about replacement medications during the days you are not taking your normal blood thinner medication.

If you have **kidney problems**, contact your physician for additional instructions.

For **electrophysiology procedures**, anticoagulation may not need to be discontinued. Please contact your electrophysiologist for specific instructions.

If you take **antidepressant or antipsychotic medication**, take your normal dose on the day of your procedure.

If you are taking a Monoamine Oxidase inhibitor antidepressant (MAOI) (such as **Marplan, Isocarboxadizid, Nardil, Phenelzine, and Tranylepromine**), contact your physician. The nurse should notify Anesthesia if the patient is taking any of these medications.

If you use **asthma medication** (inhalers), please bring these with you on the day of your procedure.

For **electrophysiology procedures**, please call your cardiologist regarding the use of Beta Blockers, Calcium Channel Blockers, Digoxin, and any antiarrhythmic medications.

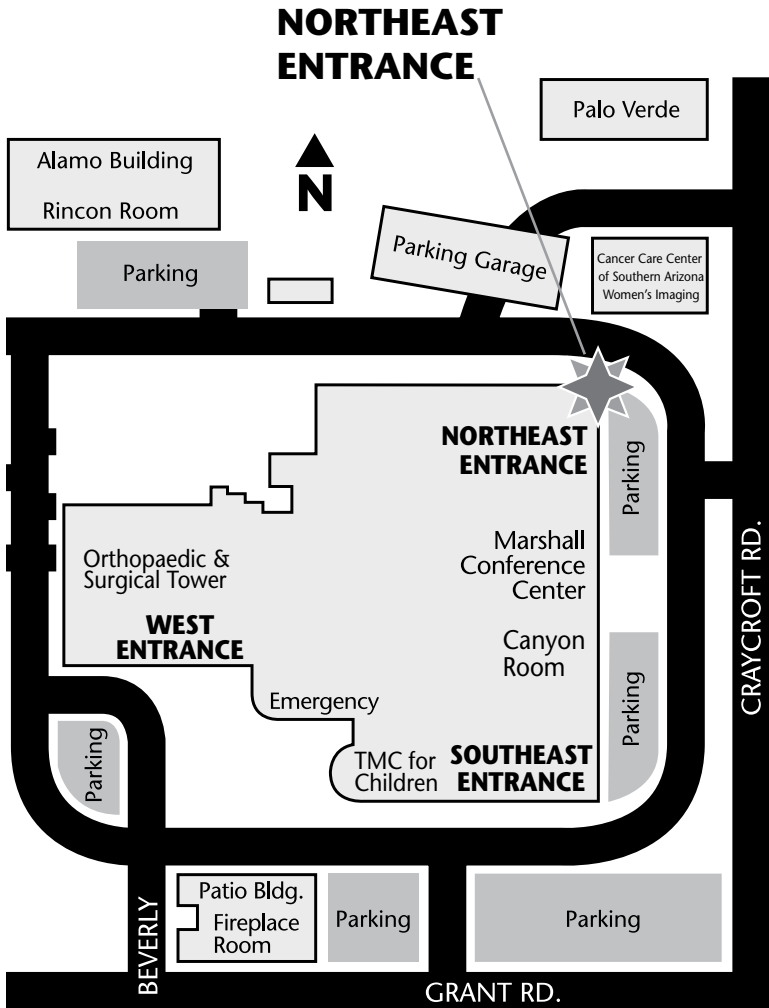
## **For the following medications, take your usual morning dose on the day of your procedure:**

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- Glaucoma medication
- High blood pressure (hypertension) medications
- Heart (cardiac) medications – except for blood thinners addressed above
- Asthma or COPD medications
- Thyroid medication
- Myasthenia gravis medication
- Seizure (anticonvulsant) medication
- Prescription pain medication
- Steroid medications (such as Prednisone or hydrocortisone)

If you are a **diabetic** patient, please notify your doctor's office. Your medication may have to be adjusted temporarily because you have not eaten breakfast.

If you have any other questions, please call the Cath Lab at (520) 324-5034.



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